

Home Group Leader's Notes
Week of February 4, 2024

Sermon Series: *You CAN Have It All*, week #5 – “Self-Control”

WHAT KIDS DO

If you have been around children, you know that sometimes they do things that lack self-control. What comes to mind?

Our topic for the week is “self-control.” This is a learned thing for those who desire to have it (not all people desire it). As a kid, I just wanted to go where I wanted to do, so I got lost several times. Our grand kids are “perfect,” but they can push the limits on noise, sweets, and late nights.

LEARN FROM GOD'S WORD

We are walking through a letter in the Bible, written to (1) encourage believers to live in the knowledge and grace of God, (2) to be people of holiness and godliness, and (3) to warn them of false teachers and to be prepared for the difficult days ahead. This letter could be written to the church today. **These same challenges and dangers are in our culture and the same grace and knowledge of God is just as needed.**

Peter said in chapter one, that the result of adding certain qualities is that “we can become partakers of the divine nature.” We can grow to be more like Jesus. Each week we are spotlighting one quality that Peter says to add to our genuine faith. The sequence looks like this: Add to your faith, goodness (excellence), to goodness add knowledge, to knowledge **add self-control**. The Greek word for “self-control” is *eggcrate*: “Self-control, self-restraint, to exercise mastery over oneself, esp. control of one’s own emotions, desires and actions. Gene L. Green suggests that this means “being constrained by conviction rather than passion. (Green, 2 Peter Baker commentary).

Read the following passages and consider what we learn about “self-control / self-restraint.”

You can complete the following list on your own.

Proverbs 16:32

Proverbs 25:28

1 Corinthians 7:5

1 Corinthians 9:27

Galatians 5:23

2 Timothy 1:7

What does the Bible say about the natural desires of people (the flesh) in Galatians 5:17-21? How are these about self-control?

These works are under the control of the flesh which is influenced by the world and the devil.

When we decide to follow Jesus, the teaching of the Word and the power of the Holy Spirit enable us to change. While it is “self-control,” it is inspired and empowered by God.

Many believe that much of self-control is about controlling our bodies. This includes eyes, mouth, and sexual organs. In each of the following sins from 2 Peter 2, **which part of the body lacks self-control?** **This is an interesting approach to understanding self-control.**

- 2:14
- 2:12-13, 19
- 2:2, 14, 18

APPLY IT THIS WEEK

Self-control is essential to living the life God wants for us. But we all wrestle with self-control. The Scriptures give us three keys to self-control: (1) trusting in the power and leading of the Holy Spirit, (2) prayer, asking God, and (3) teamwork with God's family (i.e., building trust and transparent relationships with other believers). **I meant to add "the input of God's words in the Bible."** Which of these are most needed in your life?

DISCUSS TOGETHER

Do you think that biblical self-control (self-restraint) is valued in our culture? Why or why not?

There are many without Christ who do exercise self-control. For examples, athletes exercise self-control for fitness and performance. However, they pursue self-control for a different / personal benefit. There are, of course, many who exercise little self-control.

In Acts 24:25, Paul spoke to Felix about self-control and judgment. How are these connected? Why do you suppose that Felix reacted as he did?

In many settings, self-control is exercised when it a benefit to the person and especially when they are going to be judged or evaluated.

For Felix, he feared the judgment of God and quickly ended the conversation.

How is "self-control" essential to a disciple (1) living a "godly life" (a life of reverent devotion), (2) participating "in the divine nature," and, (3) to escaping "the corruption in the world caused by evil desires?" (See vs. 3-4)

- (1) **A godly life means to live devoted to God in reverent submission. this requires daily sacrifice of oneself.**
- (2) **To take on the nature of God, one must say 'no' to the flesh and obey the words and promptings of the Holy Spirit .**
- (3) **To escape, we must say 'no' to our desires and pursue God.**

PLEASE PRAY – THANK YOU FOR PRAYING! WE ARE SEEING GOD WORK IN THE LIVES OF KIDS, YOUTH, YOUNG ADULTS, AND BRING GRACE AND COMFORT TO OUR SWEET FAMILY.

- That our Trinity family will show love and hospitality to every person, especially to guests
- For our Pastor Search Team and Elders who are praying and considering candidates
- For our Light and Power members, servants, and their outreach in our community
- For middle-schoolers returning from camp and high-schoolers preparing for camp

Praying that the Spirit will keep you encouraged and equipped.

Steve